

## **Climb to Fitness (CTF)**

*Note: this ongoing HPPI project has been a part of the HPPI portfolio since the beginning of the HPPI program in FY97.*

### **The health problem or issue**

Being overweight does not keep a Soldier from deploying. However, overweight issues can significantly impact Soldier readiness. This goal of this program is to retain career military who are struggling with excess body fat or poor fitness.

### **Outcome**

A multidisciplinary weight management program that emphasizes healthy lifestyle changes and includes individualized nutrition, fitness counseling and follow-up will result in positive behavior change.

### **Unique and/or innovative program aspects**

CTF is targeted to the career-motivated Soldier. All potential participants are interviewed; participants are accepted based on motivation to make lifestyle changes. The program uses a 3-day intensive nutrition and fitness seminar followed by a six-week program that includes individual counseling from a dietitian and supervised physical training (PT) sessions at the gym (3 times per week).

### **Demonstration of program effectiveness and/or impact**

FY04 program outcomes: average weight loss was 6.1 lbs; average body fat percentage decrease was 2.8%; 67% of participants were removed from the Army Weight Control Program; APFT scores increased by 10% for 73% of participants. In addition, 94% of participants were very satisfied with the program and strongly agreed that the outcome goals were achieved.

### **Challenges to effective program implementation**

Frequent unit deployments and field exercises often prevent continuous participation in the program and make timely follow-up and data collection difficult. Change in Command also provides a challenge in terms of maintaining Command support.

### **Impact on force readiness and deployability**

The program focuses on positive lifestyle changes that will improve Soldier health and increase force readiness. CTF improves stamina and strength, teaches valuable stress management skills, provides important nutrition education – including wise use of dietary supplements – and teaches other health concepts (like adequate hydration), which are essential to good Soldier health while in the field.

### **Potential impact on the HPPI portfolio**

Program materials will be incorporated into a Weight Management Resource Guide.